

"Miss Patrick's Girls"



Compiled Memories
Household Economics
1956 - 1996

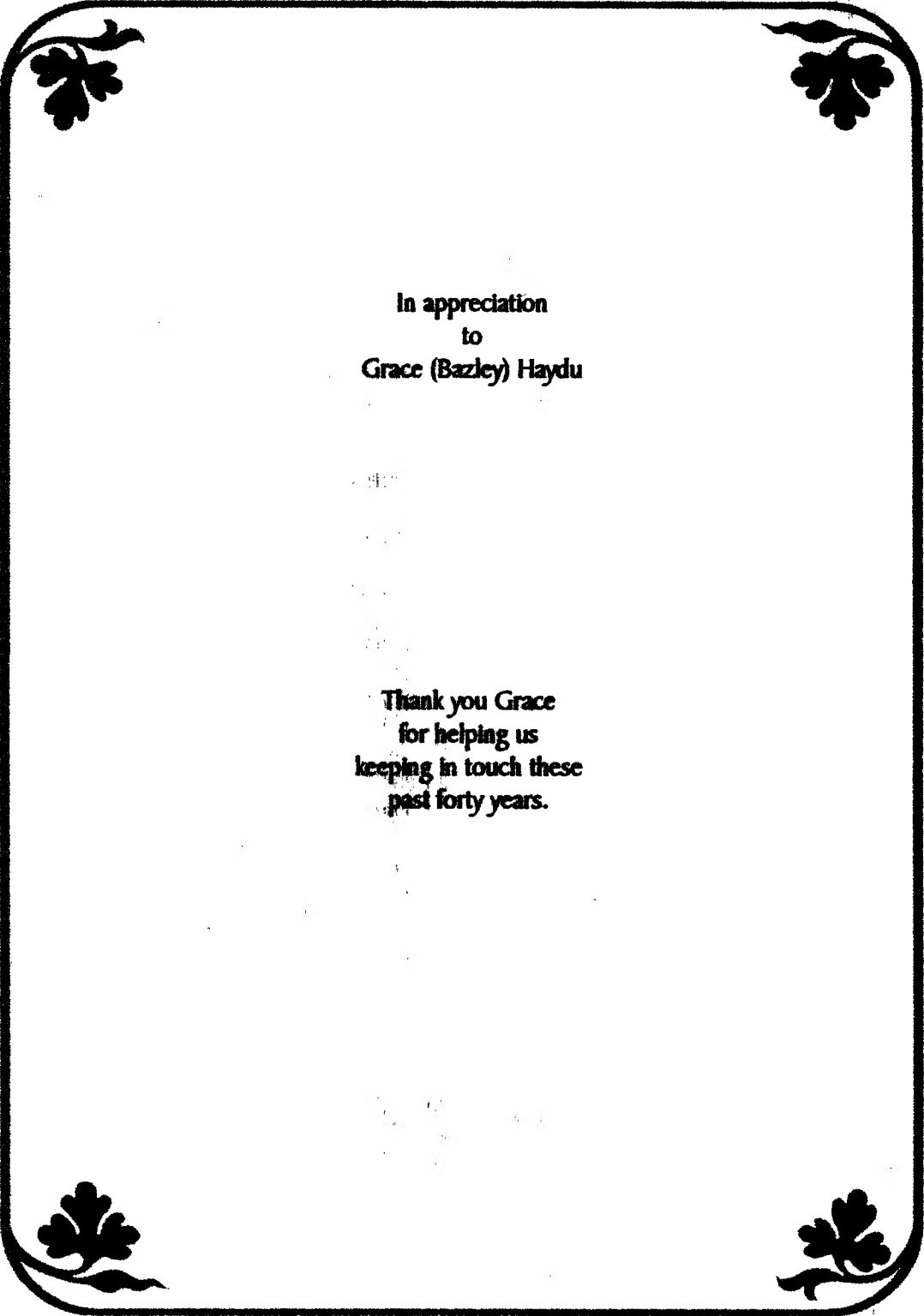
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In appreciation
to
Grace (Bazley) Haydu

Thank you Grace
for helping us
keeping in touch these
past forty years.

Prologue

"It's our fortieth!" Wow! Does that sound auspicious? It does not seem that long since we left the hallowed halls of learning to set forth in the world with our new found knowledge and wisdom. What interesting directions we have traveled! Now, a chance to catch up.

On thinking back over the years, we realized how much our studies assisted us for our professional careers and for life. Dr. Patrick's insistence on high standards and professionalism laid the background for us to develop our strengths and to follow through on our goals and objectives. The skills we developed, be it "Quick Breads 101" or "Conflict Resolution", served us well and were transferable beyond Household Economics.

Miss Patrick commented in her final lecture that she didn't mind how much we remembered from our university years, as long as we learned how to obtain information, so that we would stay current. And what great advice that was...and still is!

But best of all, we will remember twenty-two girls who spent every class together for three years. We laughed, cried, skipped classes, went to the movies, built a float for the Homecoming Football game, and received a wonderful education in Miss Patrick's Department of Household Economics. We've often met other "Household Economics, grads" from the University of Alberta and we are all proud to say that we were "Miss Patrick's Girls."

These were great years and we feel fortunate to have had the privilege of this education, both in time and place.

We started out not knowing each other and three years later, with some additions and deletions, had a bonded group. It has been very special keeping in touch with many classmates over the years.

May these memories give you much pleasure as we celebrate our fortieth anniversary.

Jackie Chalifoux
Joan Markowski
Pat Senych



Miss Mabel Patrick, B.A., M.A.
Director of the School of Household Economics
1918 -1956

Mabel Patrick
1891 - 1974

Mabel PATRICK, founding Director of the School of Household Economics, died May 27, 1974 in Victoria, British Columbia. She had been retired from the University since 1956 but had continued to participate actively in a number of organizations with which she was associated, particularly the Consumers' Association of Canada.

Dr. Patrick attended the Ontario Ladies' College at Whitby and Havergal College in Toronto before going on to the University of Toronto where she received her BA in 1915. In 1922 Columbia University awarded her an MA.

Her career took her to the University of Manitoba; three years later, in 1918, she resigned from her position there to establish the Department of Household Economics at The University of Alberta. In 1928 her department became a school within what was then the Faculty of Arts and Science. It did not become an autonomous school until 1966, ten years after Dr. Patrick retired.

Her zest for life, her boundless energy and enthusiasm have been an inspiration to all whom she has touched. Her philosophical outlook and her belief in the place of Home Economics in the scheme of things has had far-reaching influence in the community and abroad. Her high professional standards, her interest in her students as future professional women, and her human understanding were characteristics that made her a person of eminence.

Dr. Patrick earned many honors during her lifetime. In 1945 the Alberta Home Economics Association established the Mabel Patrick Scholarship, which continues to be awarded annually. In 1960 she received the Canadian Home Economics Association Honor Award for outstanding contribution to the profession. The University awarded her an honorary Doctor of Law degree in 1965 when the Household Economics Building was officially opened. In 1967 she received the Centennial Medal in recognition of valuable service to the nation. She also was an honorary life member of the Edmonton, Alberta, and Canadian Home Economics Association and honorary president of the Canadian Dietetic Association.



Hazel McIntyre was an instructor in Foods at the University of Alberta for 33 years and Director of the School of Household Economics from 1956 - 1960.

"The preparation of good food is important in the health and happiness of any family, and that cooking can be a pleasure."

Miss McIntyre took her Bachelor of Science degree from the University of Alberta, her Master of Science from Iowa State College and conducted special research projects at Columbia University.

Grace (Bazley) Haydu



CAREER PATH

Dietetic Internship at Royal Jubilee Hospital in Victoria.

Assistant Dietitian at Charles Cammell Hospital, Edmonton - a facility for Indian and Eskimo patients at that time.

Dietitian at Alberta School for the Deaf.

Home Economics teacher at Alberta School for the Deaf.

Hospital Dietary Consultant for two Alberta rural hospitals.

Part-time, then full time job at "employee only" Credit Union.

Completed chartered financial planner courses and worked as a financial planner and investment counsellor.

FAMILY

Jim and I were married for 20 years when he was tragically killed on his way to work. I then had the challenge of raising three children aged eight, thirteen and fifteen.

Colin, now 33, is married and living in Sherwood Park. Both he and his wife, Heather, are professional musicians.

Regan lives in Vancouver and works for the city. He is a happy bachelor - capable of making cabbage rolls and sweet and sour.

Loreen, now 26, lives and works on Bowen Island. She is married and has a two year old daughter, Clarissa Dawn.

Grace Haydu

Grace (Bazley) Haydu
Then: North Battleford, Sask.
Now: Bowen Island, B.C.

Cheese Soup with Parsley Dumplings

Carrots, grated	1/3 cup
Celery, chopped	1/3 cup
Onion, chopped	2 tbsp.
Butter	3 tbsp.
Flour	1/4 cup
Milk	2 cups
Chicken broth	2 cups
Cheddar cheese, sharp, 1 1/4 cups grated	

Cook carrot, celery and onion until tender in 1 cup boiling, salted water. Do not drain. Melt butter in large, heavy saucepan. Blend in flour, then add milk, stirring until thick. Add broth, cheese and vegetables with liquid. Stir over low heat until cheese melts. Drop parsley dumpling by teaspoons into simmering soup. Cover tightly and cook over low heat for 20 minutes. Serves 6.

Parsley Dumplings

Flour	1 cup
Baking powder	2 tsp.
Salt	1/2 tsp.
Parsley, snipped	2 tbsp.
Milk	1/2 cup
Shortening, melted	2 tbsp.

Stir dry ingredients together. Add parsley. Add milk and shortening all at once. Stir until flour is moistened.



Grace Haydu

My Favorite Recipe

"Yates and our resulting dreams to visit Firenze, Brunelleschi's dome and Ghiberti's Baptistry."



Loreen Haydu



Colin & Regan Haydu

"I remember the shock of trying to find the Household Economics Department expecting a fine, brick, separate building, only to have to trail through the dairy barn and up the stairs to the Household Economics classes. Can you imagine any student today having their department in a loft above a dairy?"

Eileen (Brett) Quinn

The summer after graduation, I worked at Holy Cross Hospital as a dietitian (untrained). This is when I discovered that I did not know what a colostomy feeding was. I then interned at Vancouver General Hospital and worked as a therapeutic dietitian until 1960. I was at the General when the first dialysis machine was introduced, when Centennial Pavilion was built, and when all the food trays came crashing down from the 5th and 6th floors onto the conveyor belt, when we served the first dinner using the semi-automated conveyor system.

My next job was a dream job at BC Electric, later to become BC Hydro. As Home Economists, we promoted the use of gas and electricity via cooking schools, freezer schools, kitchen planning, schools talks, and presentations to architects and real estate personnel.

In 1967, I married Bill Quinn and two years later had twin boys, a joy in my life. Bill and I worked together, first in the life insurance business and then as owners and operators of a telecommunication business. This was a tremendous learning experience and involved the importing of our own label phone systems. The phones were manufactured in Taiwan, which of course, necessitated several trips to that fascinating country.



Eileen (Brett) Quinn
Then: Calgary, AB.
Now: North Vancouver, B.C.

In November 1988, Bill had a massive heart attack and as a result of being intubated for an extended time, had to have a tracheotomy. He coped with this with his usual optimism and was able to function fairly well.

A highlight during this time was our trip to Tai Po where one of our sons was working as an engineering co-operative student. Bill was very ill with several heart problems and after many tests, was accepted as a heart transplant recipient. Bill died in December, 1990 before a suitable donor heart had been found.

During the 2 years of Bill's illness, I ran the phone business and then 6 months after his death, sold it.

Because Bill was ill for so long, our family became even more focused, united and very caring in a special way. My two boys, Greg and Pat, were and continue to be fantastic, empathetic, caring individuals. I am very proud of them and I can say with certainty that they are proud of me. Greg has his Bachelor of Commerce from the University of BC and is Sales and Service Technology Liaison, BC Region with Canada Trust. Pat has his Bachelor of Applied Science from Simon Fraser University and his Masters of Applied Science from the University of California. He is working as a Senior Engineer for TCSI in Berkeley, California.

Eileen Quinn

For two years, after I sold the phone business, I worked for a chemical company as a Sales and Marketing Assistant. The chemical company was sold, downsized and the head office where I worked was transferred to Quebec. Shortly thereafter, I joined North Shore Health where I presently work as an Administrative Assistant. I really enjoy my work which involves using several computer software programs including the fun stuff e.g. Coreldraw and PageMaker. I feel fortunate to have a job and a life that I really enjoy.

I don't do much cooking now. However, this is a favorite recipe of ours even if it is not a "Heart Smart" food.



My Favorite Recipe

Crisp Rolled oat Fingers

1/2 cup margarine or butter
1 cup brown sugar
2 cups rolled oats
1 tsp. vanilla
Semi-sweet chocolate chips

Melt margarine in large saucepan. Remove from heat, stir in sugar, oats and vanilla. Mix well. Press into an 8 inch square pan. Bake at 325°F for 15 minutes. Shake semi sweet chocolate chips on warm mixture. Spread when melted. Cut into fingers while still warm. may be frozen.



Eileen Quinn

"Remember our Demonstration under the mirror? I can't recall what I demonstrated, but remember June Miskew Melnychuk showing us how to gift wrap and Edith making blintzes."

"I remember being in a state of terror or stunned complicity in Dr. Walker's Chem. class. Whilst returning my exam paper, he patted me on the top of the head and remarked: 'A lady's mark.' Imagine the repercussions a remark like that would make today!"

Gladys (Carlson) Copeland

After graduation, I joined the Royal Canadian Air Force in which I spent four years working as the hospital dietitian at the station in Cold Lake, Alberta and as the station food services officer on the base at Comox, BC.

After leaving the service in 1960, I spent a year as a dietitian with a hospital group in North Battleford, Saskatchewan at which time I was consultant to a myriad of small hospitals in the north-west corner of the province.

Since 1961 I have been a home-maker, as my husband Colin was with the Air Force for 30 years involving frequent moves. That lifestyle discouraged me from working outside the home. I was kept busy with our four children, David, Kathy, Lynda, and Brenda.



Time has passed so quickly that it is difficult to imagine that we will be celebrating the 40th anniversary since we graduated. Our youngest daughter, Brenda, graduated as a nurse this year.

Kathy and Brenda are nurses, and Lynda is a respiratory therapist; and since they live in the Ottawa region, our old age medical attention should not be wanting. David is single and lives at home.

Since Colin retired last August 31st, we are spending the winters in Florida in Tarpon Springs (near Tampa) and the summers at home in Ottawa and in our cottage in Quebec. I thought we'd give up the gypsy life when Colin left the Air Force!

I would have liked to attend the reunion, but because of health problems I will be unable to do so. I do, however, wish all of you a great time and I will miss reminiscing with you.

Gladys Copeland

Gladys (Carlson) Copeland
Then: Calmar, AB
Now: Gloucester, ON



My Favorite Recipe

Tuck Shop Cinnamon Buns

Soften 2 packages of instant yeast in 1/2 cup of warm water and 2 tbsp. sugar. Let this set until the yeast is desolved (about 10 minutes). In a large bowl put 2 cups boiling water, add 3 tbsp. of margarine, 2 tsp. of salt and 3 tbsp. of sugar. Let the margarine melt and the mixture cool a bit. Then add 2 cups all purpose flour. Beat this mixture hard until very smooth and creamy (about 5 minutes). Then add the softened yeast mixture. Add 3 eggs and 3 1/4 cups more flour. Continue beating until the dough is very smooth. (It should be a very soft dough.) Cover and let stand in a warm place to rise until the dough is doubled in bulk (about 1 hour).

While the dough is rising:

In a flat pan melt 1/3 cup of margarine. Set aside to cool. In a flat dish mix 1 cup of white sugar and 1 1/2 tsp. of cinnamon.

Turn the raised dough onto a lightly floured work surface. Let the dough set 5 to 10 minutes to "firm up." Cut the dough into pieces about the size of an orange. Dip each piece of dough first into the melted margarine, then coat it well in the cinnamon-sugar mixture. Stretch the dough piece until it is 4 to 5 inches long and form it into a simple knot. Place the knots side by side in a 9" x 12" x 2" pan. (Be sure the pan is 2" deep and allow a 3" square for each bun.) Let the finished buns rise for about 45 minutes. Bake at 375°F for 30 minutes. This recipe makes 18 good size buns.

N.B.

An electric mixer is needed for this recipe as it requires a lot of beating. If the dough is too soft to handle, add a bit more flour. However, the less flour used the better the buns will be.



Gladys Copelan, Nov. 1995

"The winter of '55 - '56. The snow was deep, the winds were cold. The buses were so inconvenient that we hoofed it to class. It seemed like a 2 mile hike facing a blustery wind and climbing in and out of snow drifts. We were not allowed to appear in the Household Economics building in slacks - dresses and skirts must be worn! To prevent flesh from freezing we donned slacks but had to sneak up the back stairs and into the bathroom to quickly "show our legs" - frozen or otherwise. We prayed the entrance into the bathroom was undetected by the authoritative figures."

Evelyn (Clark) O'Sullivan



Here's a low fat "sweet" loaf with the tang of raw cranberries. May be made into muffins too.

Cranberry Loaf

Margarine 1/4 cup
 Sugar 3/4 cup
 Egg, beaten 1
 Flour, sifted 2 cups
 Baking powder 1 1/2 tsp.
 Salt 1 tsp.
 Orange juice 3/4 cup
 Rind of an orange
 Cranberries 1 cup
 Chopped nuts 1/2 cup
 Raisins 1 cup

Cream margarine and sugar together. Add beaten eggs. Add alternately, dry ingredients and orange juice. Mix in cranberries, valnuts and raisins. Pour into 9"x 5"x 3" loaf pan. Bake at 350°F for 45-60 minutes until done. (Apologies to Wendy for not using metric!)

A great way to use up rhubarb from your garden.

Rhubarb Muffins

Brown sugar 1 cup
 Oil 1/2 cup
 Egg 1
 Vanilla 2 tsp.
 Buttermilk 1 cup
 Rhubarb, sliced 1 1/2 cups
 Walnuts, chopped 1/2 cup
 Flour 2 1/2 cups
 Baking Powder 1 tsp.
 Baking soda 1 tsp.
 Topping:
 Sugar 1/2 cup
 Cinnamon 1 1/2 tsp.
 Margarine, melted 1 tbsp.

Combine brown sugar, egg, oil and vanilla. Beat until well-blended. Stir in nuts, buttermilk and rhubarb. Combine dry ingredients and add all at once to rhubarb mixture. Stir until well-blended. Fill tins 2/3 full. Sprinkle topping over muffins. Bake in oven at 400° F for about 20 minutes.

Clinical Dietitian

1957 - 58 Royal Inland Hospital, Kamloops, B.C.
 1960 - 65 Part-time: Vancouver General Hospital
 1967 - 72 Part-time: Burnaby General Hospital
 1974 - 95 Prince George Regional Hospital
 1996

Private Business: Northern Nutrition Consulting
 Volunteer: board member Senior Citizen Housing
 member University Women's Club
 member Schizophrenic Society

Evelyn O'Sullivan

Evelyn (Clark) O'Sullivan
 Then: Edmonton, AB
 Now: Prince George, B.C.



Brendan & Trevor Johansen

*"Our Freshman year and the last run of the Snake Dance.
Could this be significant?"*



Evelyn & Niall O'Sullivan

*"Remember working in the Cafeteria.
...Who turned on the mixer full volume when making icing
for our angel cake! We had icing sugar all over the ceiling!"*



*Leanne Johanson, daughter, Trevor Johanson, grandson
Mark O'Sullivan, son, Brendon Johanson, grandson
David O'Sullivan, son, Shawn O'Sullivan, son, living in Victoria*

*"Political Science at 8:30 a.m. - I sat next to the hot radiator and
dozed through most of the classes.
Lesson Learned: Political Economics as presented to us, was the
most boring course. All I can remember is the Law of Supply &
Demand."*

Joan (Clark) Kucharski



Carol



Clark



I have always felt that my Household Economics training gave me the skills that enabled me to tackle the many varied things that I have done since.

Memories of our university days.

The main thing that comes to mind is what a hectic and busy period of our lives this was, yet, probably the best. As I write this, I wonder how I can say that it was any busier than the intervening 40 years which have certainly been full, with a large family, and many volunteer activities, as well as working endeavors. But in those days we had only ourselves to consider and many horizons to reach.



Barb & Jim

I remain active in the association as I have been over the years. Presently, I am involved in an international development project in Egypt.

Joan Kucharski



Stephanie, Tyler, Ashley



Brian



Joan & Ray Kucharski



David



Neil & Marianne, fiancée

Joan (Clark) Kucharski
Then: Calgary, AB.
Now: Edmonton, AB



Laura

OUR CHILDREN

Son Clark, an engineer who works in computer software and lives in Vancouver.

Daughter Carol and husband Randy live in Calgary and have three children: Stephanie, 9 years, Tyler, 6 years, and Ashley, 2 years.

Daughter Barb, a House Ec. grad., and husband Jim live in Sherwood Park. They have two children, Laura, 12 ½ years and David, 10 years.

Son Neil is an engineer. He and his fiancée Marianne live in Edmonton.

Son Brian is an architect and lives in Vancouver.

"Those were the days my friends."



Kathleen (Gardiner) McCalla

Career Path

1956-57

Interned at the University of Alberta Hospitals

1957-1958

Staff dietitian at University of Saskatchewan Hospital

1958-60

Research assistant in a large group led by Linus Pauling at the California Institute of Technology. Our particular project was to map the amino acid sequence of various hemoglobin molecules.



In Hamilton, after our children were born, I did the usual things around the neighbourhood, school, and church. I also participated in a diabetic study and clinic on the Six Nations Reserve, organized the patient library at McMaster Hospital, spoke on behalf of the Consumer's Association of Canada, and taught gardening and preserving at the Royal Botanical Garden children's program.



Kathleen (Gardiner) McCalla
Then: Millet, AB.
Now: Clarksburg, Ont.

Since 1989, we have enjoyed retirement here in the Beaver Valley.

Kathleen McCalla



My Favorite Recipe

Elephant Stew

1 medium elephant
2 rabbits (optional)
salt and pepper

Cut elephant into small bite-sized pieces. Add enough gravy to cover. cook over kerosene fire about 1 week.

This will serve about 3800 people. If more are expected, two rabbits may be added, but do this only in an emergency; most people do not like hare in their stew!

(From St. George Parish Cookbook)

One Dish of Pork Dinner

Assemble enough pork chops or cutlets, peeled and scrubbed potatoes, carrots and parsnips for the number of people to be expected.

In ceramic casserole, brown the pork along with some onion.

Remove pork from dish for the moment, layer in sliced or diced vegetables and top with pork.

Add 2 or 3 oz. chicken broth per serving. Add salt, pepper and basil to taste.

Bake at 350° F for 1 ¼ to 1 ½ hours. Uncover towards the end.



Adults from left: Harry Jack, son-in-law; Dennis; Louise, P. Eng., daughter; Arthur, Ph. D. History, son; Kay; James (now 3); Jennifer (now 5); grandchildren

Kathleen & Dennis McCalla

"If you can pass Chem. 58, you can do any task that confronts you."

Marion (Hall) Harkness



How quickly the years pass by. I have found my B.Sc. (H.Ec.) degree to be very credible.

My work career began as a dietitian at the Univesity Hospital in Edmonton. Then back to Calgary to work at the Colonel Belcher and Holy Cross Hospitals. I do regret the Holy Cross is no longer in operation. After a period of seven years as a homemaker, I returned to the work force as a designer with Springer Construction. Then I ventured into kitchen design and renovation. This type of work I have found to be challenging, exciting and fun. I'm still "in the kitchen" after 15 years. I'm associated with Denca Cabinets, which is a high end custom cabinet manufacturer. We work from concept to completion and I have had wonderful clients.

Being a "working mom," I brought up two children who are most important to me. Doug has long been involved with theatre and films and he is a projectionist with Famous Players. Doug and Paula live in Calgary, so we get together fairly often.

Jan received a Master's degree in Communications, then moved to Toronto where she is an editor with Nelson Publishing. She is missed but with telephones and airlines the distance doesn't seem as bad.

I am thankful that I have had health and energy to do volunteer work and enjoy opera, theatre, philharmonic and golf throughout the years. Also I have had the good fortune to have travelled extensively and to learn about other cultures.

How fortunate we are to have graduated from the University of Alberta.

Marion Harkness

Marion (Hall) Harkness
Then: Calgary, AB.
Now: Calgary, AB



My Favorite Recipe

Crab Mouse Appetizer

Cream of mushroom soup	1 tin
Philadelphia cream cheese	6 oz.
Knox's gelatin	1 envelop
Cold water	1/4 cup
Celery, finely chopped	1/2 cup
Onion, finely chopped	1/2 cup
Mayonnaise	1 cup
Crab meat	1 tin
Curry powder	1/4 tsp.

Combine mushroom soup and cheese. Heat over medium temperature until smooth. Combine gelatin and water. Stir in to dissolve. Remove from heat and add other ingredients. Pour into well oiled mold. Chill overnight. Unmold and garnish with parsley, tomatoes, etc. Serve with crackers.

"I always think first of Dr. Sandin, a really wonderful teacher with all his jokes and quips. Remember the first day in spring when the sun came in through the little window in the back of the theater and he pointed to it and said: "See that sunbeam. That means eight weeks to camping!" Or at exam time his little poem, Sundburg I think, about the fog coming in on little cat feet."



Marion, Yolande Hall, sister-in-law, Jan & Doug

September 1995

"Remember when we had our formal meals to which we invited a member of the staff? Well, Grace Bazley was the hostess, Marion Hall was her assistant, and Miss Patrick the guest. The plan was that as soon as grace was said, Marion would bring in the first course. Well, Marion waited for Grace to say grace. Grace, forgetting to say grace, was wondering what was taking Marion so long; Marion, puzzled as well, opened the swinging door into the "dining room" slightly and hissed "grace, grace" meaning to give the hostess a hint. Grace Bazley was puzzled as to why Marion was calling her name and not bringing in the first course!"

Joan (Krupa) Markowski



Career Path

Dietetic Internship - Toronto
Western Hospital

District Home Economist - Dep.
of Agriculture, Edmonton, AB

Teaching and Therapeutic
dietitian - Royal Alexandra
Hospital, Edmonton, AB

Second degree (B.Ed.) followed
by a graduate diploma

Taught Elementary School until
my retirement. This was a most
challenging and enjoyable
occupation!

My Family

Peter is retired now and
remembers his career as a High
school Counsellor at McNally with
great pleasure and often meets
many grateful students.

Our eldest, Marianne,
has a B.Ed. degree (special
education) and her husband,
Chris, has a B.Comm. degree.
They have three delightful girls
and live in St. Albert.

Michael is practising
Family Medicine in Ontario and
his wife, Dominique, is a
registered nurse. They have six
lovely children.

Robert has a B.Comm.
degree and M.B.A. and his wife
Carrie has a B.Comm. and a
B.Ed. degree. Robert and Carrie
live in Edmonton.

In my retirement I
volunteer at a third world gift shop
and work part-time in
merchandising. Peter and I
continue to enjoy travelling and
gardening. Needless to say, our
family and friends are a special
joy.

Joan Markowski

Joan (Krupa) Markowski
Then: R.R.#1 - Edmonton, AB
Now: Edmonton, AB



My Favorite Recipe

Curried Breast of Chicken

Chicken:

Coat chicken breasts with seasoned flour. Fry chicken until golden brown.

Sauce:

1/2 cup honey
1/4 cup prepared mustard
1/4 cup melted margarine
1 tsp. salt
1 tsp. curry powder

Direction:

Mix ingredients. Heat until blended.
Add to chicken. Bake at 325° F until tender.



Left to right:

Our daughter Marianne and husband Chris

Our daughter-in-law Dominique and son Michael

Our daughter-in-law Carrie and son Robert



"How many chickens were stuffed and trussed to serve those poor profs for Meal Work? And worse yet those sometimes indigestible and repetitious cabbage and bean dishes that had to be consumed in the name of "Low cost" assignments."

*Peter, Joan and grandchildren: Amanda, Cynthia, Bethany
Taken at Peter's 65 yr. Birthday Party*

Summer '95

Valeria (Liss) Ferguson

Career Path

1956 - 63
Food services Officer - Royal
Canadian Air Force

1963 - 68
Food Services Director, Y.W.C.A.

1968 - 90
Department Head Home
Economics, Vancouver High
School

1996
Volunteer:
Red Cross
Provincial Emergency Program
On the board of directors, Crisis
Centre
Public Relations - 50th anniversary
- Vernon Air Show



Rhubarb Custard Pie

Medium eggs	3
Milk	1/4 cup
Sugar	1 1/2 cups
Flour	6 tbsp.
Margarine, softened	2 tbsp.
Fresh rhubarb, cut up	4 cups

Beat together first 5 ingredients.
Combine with rhubarb and pour into an
unbaked 9" pie shell.

Bake in a very hot oven 450°F for 15
minutes, then reduce to 350°F for 30 -
40 minutes until almost set.



Val (Liss) Ferguson, October 1995

*"Preparing for nerve-racking 3rd
year meal work guest night,
devouring the newspaper for
suitable table topics and later
knowing how to eat such '50
rarities as broccoli and yams? (Do
I eat the skins or not?)"*

Valeria (Liss) Ferguson
Then: San Jacinto, AB.
Now: Vernon, B.C.

Wow! Look at us!



Front row: Dolores Oulton, Shirley Penosky, Mabel Patrick, Joan Clark, Evelyn Clark,
Back row: Joan Krupa, Edith Stern, Grace Bazley, Joanne Phillips, Stella Warnick, Jackie Pappas, Carol Virtue,
Eileen Brett, Marion Hall, Wendy Sanford, June Melnychuk, Kathy Gardiner, Chris Wasylshyn
Missing: Gladys Carlson, Pat Ostafychuk, Elsie Scherban, Bernice Nelson, Val Liss

*"The wit and genuine kindness of Dr. Sandin
- a beautiful man!
- his Chicago tale of his single opera
experience "The Love of Three Oranges" and
his timely and obvious tips to poor House
Eciers at final exam time."*



University Graduation, May 1956

*"Living in residence was a great experience but
can you imagine today's young women obeying
11 p.m. curfew or signing in and out when
entering or leaving residence?"*

June (Miskew) Melnychuk



June's Hot Biscuits & Variations

Flour, unbleached	4 cups
Magic Baking Powder	3 tsp.
Sugar	2 tsp.
Salt	1/2 - 1 tsp.
Butter	1/2 cup
Milk (2% or skim)	1 3/4 cups

Method:

Blend first four ingredients thoroughly with a whisk. Cut in butter until coarse. Add milk all at once. Stir 4 - 5 rounds. Knead with flour 14 - 20 times. Roll or pat out to 1/2" - 3/4" thick. Cut with cutter. Place on open-sided cookie sheet. Cover with damp tea towel for 1/2 - 2 hours. Bake at 450°F for 12 - 15 minutes. Yield - 16 biscuits. Prep time - 10 min. Tops!

Variations:

1. Add 1 cup washed raisins.
2. Add 1 cup washed currants.
3. Add 1 - 1 1/2 cup grated aged cheddar cheese.
4. Add a combination of 1. & 3. or 2. & 3.

For a West Coast special serve with light cream cheese and home-made wild blackberry jam. Super! Enjoy!

My career -- dare I call it that, was very modest but most satisfying.

1. Internship with Kathy and Marion at the University of Alberta Hospitals, Edmonton
2. Staff dietitian at the Aberhart Memorial, Edmonton
3. Eleven years at home with Peter and John
4. Staff and teaching dietitian at the Foothills Hospital, Calgary
5. Twenty years assisting Terry in Duggan Pharmacy, Edmonton. Our sideline gift area and our many world travels gave me the opportunity to expand my interest and love for global art.
6. Now after 3 years of retirement in gorgeous West Vancouver, T.T. and I are truly happy. We walk the seawalk, garden, travel, visit our sons in Toronto and California, help in our community, host family and friends and volunteer at St. Paul's Hospital.

June Melnychuk

June (Miskew) Melnychuk
Then: Edmonton, AB.
Now: West Vancouver, B.C.

"Our grandmothers and mothers learned to cook by the trial and error method. Their few recipes were based on very simple measures - a tea cup, butter the size of an egg, large spoons labelled dessert spoons, table spoons or gravy spoon and sometimes on ten cents worth of walnuts or enough alum to cover a five cent piece. A child allowed to watch the cooking in the kitchen could be taught how a dough looked and felt when it was "right" and a great many other bits of cooking lore. Not many children or mothers have the time for this training now."

Hazel McIntyre



June, Peter, John, Terry McIntyre

Indian Shrimp Curry

Butter	5 tbsp.
Onion, minced	1 cup
Flour	3/4 cup
Curry powder	1 1/2 - 2 tsp.
Salt	2 tsp.
Sugar	1 tbsp.
Ground ginger	1/2 tsp

Melt butter. Add onion and simmer until golden. Stir in rest of ingredients. Gradually add:

Hot water	1 cup
Chicken stock	1 tbsp.
Milk	4 cups

(Possibly 1 cup milk or 1 cup chicken broth more)

Stir until thickened.

Shrimp, cleaned & cooked 4 cups (heaping)
(2 1/2 - 3 lbs. fresh or frozen)

Lemon juice 1 tsp.

Note: Buy fresh or frozen shrimp in shell. Remove shells = 4 cups

Cook in court bouillon as below - then add curry sauce.

Vinegar 1/4 cup

Cold water 4 cups

Salt 1 tbsp.

Pickling spice 1 tbsp. (put in tea ball)

Bring to a boil. Add shrimp (4 cups). Simmer 2 minutes. Do not overcook!! Excellent!!

My Favorite Recipe

In memory of Hazel McIntyre

Curry Accompaniments

- ~Major Greys Mango Chutney
- ~Plumped raisins (see below)
- ~Pineapple chunks
- ~Pickled watermelon rind
- ~Banana chunks & lemon juice
- ~Apple chunks & lemon juice
- ~Green pepper slices
- ~Sauteed shredded coconut
- ~Preserved kumquats
- ~Toasted pine nuts (substitute almonds)
- ~ Sliced avocado & lemon juice

Plump raisins by washing in sieve first - then simmering in a small amount of water.

Preserved kumquats (cut in half usually) and pickled watermelon rinds both come in tall, narrow jars in special section of Grocery store.

Most of the accompaniments can be prepared ahead of time except the bananas, apple and avocado which should be done just prior to serving.

Toast nuts in square pan in 400°F oven for 5 - 10 minutes.

Yield 6 -8 servings.

Peter Taras

~Honours B.A. Eastern European Studies, U of A, Edmonton, AB

~Bachelor of Fine Arts in Film, York University, Toronto, Ont.

~Free Lancer in Film Specializing in Sound, Toronto, Ont.

John David

~Diploma & Post Graduate Studies in Homeopathy, London College of Classical Homeopathy, London, England

~Presently - Homeopath in Palo Alto, California

"Our dear gracious "lady" Hazel McIntyre and her delightful grad. luncheon of "Curry and Condiments!"

Patricia (Ostafychuk) Senych



Career Path

- Internship with Ev and Joanne at Vancouver General Hospital
- Therapeutic dietitian at the Royal Alexandra Hospital, Edmonton with Chris
- Sunnybrook, Toronto, Ont.
- Return to University of Alberta for a 2nd degree - this time in Education
- Three years with the Edmonton Public School Board
- One year at the University of Alberta completing course work for my Master's - no thesis
- Four more years with the Edmonton Public School Board
- Marriage to Mike Senych, home to Thorhild and U.I.C.
- Set up Redwater General Hospital Dietetic Department
- Language Arts consultant for two years with the County of Thorhild
- Taught elementary school until my retirement in 1995
- Now, free to be me!

Pat Senych



Easy Baked Beans

Garlic, minced	2 cloves
Onions, (sliced thinly into rings)	2 medium
Salad oil	4 tbsp.
Pork and beans	1 can
Kidney beans	1 can
Lima beans	1 can
Brown sugar	1/2 cup
Vinegar	1/4 cup
Ketchup	1/2 cup
Mustard (dry or prepared)	1 tsp.
Salt	1 tsp.
Molasses	1 tbsp.

Saute garlic and onions in oil until glossy. Drain lima and kidney beans. Add all the beans together, mix well. Mix brown sugar, vinegar, ketchup, mustard and salt. Add to beans. Pour into 2-quart baking casserole dish. Bake at 350°F for 1 hour. Cover if you want lots of juice. Otherwise bake uncovered. Stir well before serving.

Pat and Michael Senych

"Formal meal work and Mabel Patrick's query after a labour intensive workout on my entree. "Miss Ostafychuk, was this beef red or blue?" In my rattled despondency, my reply was: "It looked red to me, Miss Patrick..." and the further comment from our Dean - "I meant the label, Miss Ostafychuk!!"

Patricia (Ostafychuk) Senych
Then: Thorhild, AB
Now: Thorhild, AB

"My mark and comment from Dr. Baldwin on a first English essay... 'I read prefaces too, Miss Ostafychuk.'"

HAPPY TWENTY FIFTH !



"One day when we were in our Senior Year, Miss Partick said, 'Girls, Girls, I want you to come to the classroom immediately.' We were expecting some major announcement such as that we were going to get a new Household Economics building or that we wouldn't have to clean pots & pans anymore. But no, Miss Patrick asked us if we had noticed the two coat hangers on the coat room floor that each and everyone of us had stepped over instead of stopping to pick them up.

Lesson learned: always pick up coat hangers off the floor and to this day, I do."

"Joan Helen Mary's reply to the Chancellor's 'I admit you.' - 'Pleased to meet you too I' "

"All memories of Household Economics are great but nothing stands out as much as seeing Miss Duggan, the smallest person on staff, driving the biggest car on campus.

"The other great memory is playing bridge in the Tuck Shop and getting a grand slam. I was a beginner and didn't know what I was doing. Haven't had one since!"



After Internship; Somebody's Shower?

"Remember our design treasure - Helen Bentley? Our husbands have met her, but still bow in reverence to her Danish Teak, white Rosenthal, stainless cutlery, batik, ikat, paintings hung at eye level, and groupings of 3 and 5!"

Delores (Oulton) Keys



Career Path

After my internship I worked as an therapeutic dietitian at the University of Alberta Hospitals until 1958, when I was married and moved to Montreal.

While there, I worked for 2 years in the Research Kitchen. We returned to Edmonton in 1960 and Bob went back to the U of A to get his degree in Engineering. In Edmonton, I worked for 2 years as a therapeutic dietitian at the Misericordia Hospital and left work when I had my two oldest children. I spent 10 months as a consulting dietitian at Barrhead Hospital in 1963 and that was the end of my professional career.

Since then I have been a housewife and have been involved with volunteer work in schools, community and church. Bob is retired now, so we try to do a bit more travelling. Keeping up with family and grandchildren keeps us busy too. My parents still live in Barrhead and Dad is not well, so we try to visit there often. We try to keep up with volunteer work and my favourite at present is designing and making banners that decorate our church. I am also part of a group that works all year to make and donate craft items for our fall Bazaar. It's really been fun to get back to sewing and crafting again.

Delores Keys



Delores (Oulton) Keys
Then: Barrhead, AB
Now: Calgary, AB

Cookie 'n' Cream Wedges

A favourite special occasion dessert but definitely not low calorie.

Crust:

Cream filled chocolate cookies, finely crushed (about 24 cookies)	2 cups
Margarine/butter, melted	1/3 cup

Filling:

Cream cheese, softened	2 pkg (8oz)
Sugar	2/3 cup
Whipping cream, whipped	1 cup
Vanilla	1 tbsp.
Semisweet chocolate, grated	2 oz.

Combine crust ingredients. Press into bottom and up sides of 9" springform pan. Refrigerate.

Beat cream cheese until fluffy. Gradually add sugar and vanilla. Blend well.

Fold in whipped cream and grated chocolate. Spoon into crust. Refrigerate at least 2 hours before serving.

Makes 16 servings.

Delores & Bob Keys

"I still remember baking mini-xmas cakes that we had to decorate. The instructor told me mine looked like a coffin with a wreath on top. I was crushed!"

GRADUATION, 1956



"Our teaming up with June who taught us how to organize, focus, study and still have fun. By third year, Joan, Chris and Pat were all being tutored by the future gold medalist. For their great study sessions our reward was - romantic matinees with Grace Kelly and Ingrid Bergman. Remember 'The Princess and Anastasia'?"

"Miss Patrick - always busy, so proud of her faculty and her 'girls' and quite remarkable, especially for her day. And of course, there was our gentle, kind 'Miss Mac'; the practical, down-to-earth Miss Duggan with her great sense of humour. Miss Erdman was a personal hero - she was so 'with it' and young."

"Coming embarrassingly late for a Chem. 58 lab lecture when Lazarowich, Ostafychuk and Wasylchyn had to identify themselves to the masses, or studying with June and Pat and sharing in the fine art of casserole making."

"Ev Erdman, at this time a graduate student, was a real inspiration and over the years I have listened to her on the radio with her tips on everything and admire her memory and style of delivering her help."



"Dr. Walker was making his rounds in the lab. I was following the instructions in my lab manual and not really knowing what I was trying to do. He said, 'And what would be the chemical compound left behind in the filter paper?' Of course, I hadn't a clue. He said, 'Miss Clark, if you would pay as much attention to your chemistry as you will to your date this weekend, you will be further ahead'."

Jacqueline (Pappas) Chalifoux



Career Path

1956 - 57

Dietetic Internship, Royal Victoria Hospital, Montreal, Quebec

1957 - 59

Therapeutic Dietitian, University of Alberta Hospitals, Edmonton, AB

1959 - 69

Administrative Dietitian, Misericordia Hospital, Edmonton, AB

1969 - 76

Consultant Dietitian - Catholic Social Services, Edmonton, AB

1977 - 78

Retail Sales, Woodwards, Edmonton, AB

1978 - 79

Manager of Food Services, St. Joseph's Hospital, Edmonton, AB

1979 - 1990

Manager of Food Services, Dickensfield Continuing Care Centre - Capital Care, Edmonton, AB

1990 - 92

Director of Food Services, Dickensfield and Norwood Continuing Care Centre, Edmonton, AB

1992 - 93

Director of Food and Environment Services, Norwood Continuing Care Centre, Edmonton, AB

1993 - 94

Director of Food Services, Norwood Continuing Care Centre, Edmonton, AB

Retired in October, 1994, rediscovered my love for gardening; have been busy renovating my house; catching up on my reading; planning on doing more golfing.

Jacqueline(Pappas) Chalifoux
Then: Edmonton, AB
Now: St. Albert, AB

My son, Marc, is a U of A graduate in Arts. He hopes to return to university and pursue his long term goals. Currently, Marc is in restaurant management and is also busy with his photography.

Jacqueline Chalifoux

"After Work Shortbread"

Yield: 2 - 4 dozen

Butter, salted	1 cup
Vanilla	1/2 tsp.
Icing sugar, sifted	1/2 cup
Flour	1 1/2 cups
Cornstarch	1/2 cup

Method:

1. Preheat oven to 300°F.
2. Have butter at room temperature (Do not substitute margarine).
3. Beat butter and vanilla until fluffy in bowl of an electric mixer.
4. Gradually add icing sugar and continue beating while adding remaining sifted dry ingredients. Mixture will be light and fluffy.
5. Drop by small teaspoonfuls (I use a demi tasse or coffee spoon) on greased baking pans. Press lightly with a well-floured decorative shortbread press or tines of a fork.
6. Bake about 25 minutes, until just firm. Don't let them brown!



Marc Chalifoux, son, Jackie Chalifoux, mom

May 1996

"Meal work: when the top crust of my apple pie caved in and my helper Joanne Philips suggested filling the crevasse with stuffed olives. Imagine this served in a sterling silver pie plate!"

"The bacteriology instructor's hilarious description on how to make bath tub gin and how not to serve chicken salad at outdoor wedding receptions. Miss Patrick and her "Tea" (hot water and milk) and her advising us never to buy fresh tomatoes during the winter months. I am always reminded of her caution when I try to select the flavourless gems in the produce section during November, December, January..."

Shirley (Penosky) Holm



Career Path

After completing my internship at Royal Jubilee, Victoria, in 1957, I worked at the Calgary General for one year as a therapeutic dietitian. I then moved to Stettler; Lowell and I married, and for a year I taught Home Economics in the County of Stettler. Marilyn was born in 1959; Wendyle in 1960. In 1962 we moved to Red Deer where I took the position of Food services Supervisor at the school for handicapped.

In 1964 I accepted the position as director of Dietetics at the Red Deer Hospital. Throughout my 26 years in that position I was involved in numerous changes. My role developed, progressed and changed with the times. I had the freedom to take risks and to be innovative. The staff was committed and together we were a hard working dedicated team. We had fun and conquered varied challenges such as departmental expansions, regionalization, new systems, budget cuts, program changes and labour unrest. How I enjoyed my work!

I resigned in 1990 when I reached the magic "85" factor. I left the hospital feeling a sense of pride and accomplishment. Since then I have enjoyed retirement with gusto.

Shirley Holm

Sweet and sour Spareribs

I am delighted to share this recipe; alas I cannot take credit for its origin. In 1957 Lowell and I enjoyed these delicious ribs at Grace's. Naturally I just had to have the recipe. When Grace copied it she noted the recipe from June. So to both House Ecer's a big "Thank you"! It has been a family favourite over the years.

Flour 2 pounds of spareribs and brown in 375°F oven. Finely chop onion and add after turning ribs once. Add 1/2 tsp. salt and 1 tbsp. brown sugar. Reduce heat to 325°F, cover and brown for another hour. Drain excess grease. (This can be done the day prior to serving.)

In saucepan combine:

1 tbsp. worcestershire sauce
1 cup vinegar
1 1/2 cups water
1 1/4 cups brown sugar
2 tbsp. ketchup

Thicken above with 3 tbsp. cornstarch. Cook well. Pour sauce over drained ribs, sprinkle with 1/3 cup brown sugar on top. Bake for 1 hour at 325°F. The longer the baking time, the better the product.

BonAppetite!

Shirley (Penosky) Holm
Then: Botha, AB
Now: Red Deer, AB



Bill and Wendyle Gillis, Lowell
Shirley and Ryan Gillis
May 1996

"One Saturday after a "mealwork" project, I went to the lab to wash tea towels. I placed the towels into the front load machine and added soap. Soon, to my dismay, soap suds were bubbling out around the door! Too much soap...what to do? Got excited...opened door...water and suds cascaded onto floor!! Shut door...frantically mopping floor amidst a bubble bath!! Lab door opens...enters Miss McIntyre who nods and quickly retreats!! Later I heard she stopped Dr. Patrick from entering! (That Miss McIntyre, what a sweetheart...to this day I refer to her "Made to Measure" cookbook when faced with a recipe dilemma.")



Greg, Merrillyn and Barkley Roth

May 1996



Wendyle - B.Sc. (HEc) Clothing and Textiles, U of A, 1984
Lowell

Shirley - receiving gold watch for 25 years of services
Merrilyn - B.Sc. (HEc) Family studies, U of A, 1982

June 1990

Joanne (Philips) Helme

Career Path

After graduation in May 1956, I interned at the Vancouver General Hospital. I then worked at the University of Alberta Hospitals as I waited for my U.S. status green card. In December 1957, I moved to Los Angeles and worked for two years at Cedars of Lebanon Hospital as a therapeutic dietitian. Then on to the Gates Rubber Company in Denver until I had to return home to help nurse my mother. While in Edmonton in 1960, I took several courses toward a B.Ed. and worked for Canadian Utilities as a Home Economist. I missed the work in the hospital environment so when Mom's health improved I returned to Vancouver and worked at the General Hospital.

Shortly after my arrival, Ev O'Sullivan introduced me to Jim, who became my husband, and my career was history. We soon had three daughters and I stayed at home. I loved my work and not until 1970 did I work outside of home and/or school.

I was involved with the inception of Meals on Wheels in Vancouver and with the United Way, Mother's March, taxes for Seniors and the disabled... the list goes on.



Jim and Joanne Helme

Joanne (Philips) Helme
Then: Edmonton, AB
Now: Victoria, B.C.

After moving to Victoria in 1977, I continued to fill my days as a wife, mom, and volunteer. Then for four years I worked "for pay" as Branch Administrator for the North West Trust Company. Since then I have spent my time painting, gardening and, best of all, being "Gran". Jim has taken early retirement from the University of Victoria and together we have been busy doing all the things we enjoy at the moment. We only wish time did not go by so quickly, as that is what we always seem to be short of.

Our oldest daughter, Roxanne, a litigation attorney, married to Bob Claus, a criminal lawyer. They have two children, Rachel is age five and Richard is age three.

Our middle daughter, Kelly-Anne, is married to Bill Barr, a City of Vancouver firefighter. They live on a house boat with their two sons; Liam is age four and Connor is age three months. Kelly was an intensive care nurse at Vancouver General Hospital before becoming a mother.

Tracey was married this summer to Blair Hagkull. She has been a nurse at the British Columbia Children's Hospital (in the cardiac unit) since graduation.

Joanne Helme



Bob, Richard, Roxanne, Rachel Claus

"The Household Economics Ball was a highlight of the post-Christmas term. We wore strapless dresses with wide net over skirts and felt we were so glamorous."

Steamed Leeks to serve with Tenderloin

Leeks, trimmed, 6 medium
cut into quarters lengthwise
Butter, browned 2 tbsp.
Water 1/3 cup
Whipping cream 2/3 cup
Salt & pepper to taste

Brown butter over medium heat. Add water and leeks. Cover and cook just until water is absorbed. Add whipping cream, salt and pepper. Serve with pork tenderloin.

Grilled Pork Tenderloin in Prosciutto and Provalone

Pork tenderloin 4-5" long pieces
Prosciutto (or honey ham), 3 oz.
finely diced
Provalone cheese, 3 oz.
finely diced
Olive oil
Garlic, chopped 1 1/2 tbsp.
Fresh rosemary, chopped 1 1/2 tbsp.
Salt & pepper to taste

Make a lengthwise slit in each piece of pork. Stuff pork with ham and cheese (well packed). Rub with olive oil. Mix together garlic and rosemary. Roll stuffed pork in garlic and rosemary. Season with salt and pepper. Refrigerate overnight. Barbecue on medium heat 8-10 minutes on each side.
Serves 4.



Blair & Tracey Hagkull



Kelly, Liam, Bill Barr

Gwendolyn (Wendy) Sanford

Career Path

After Graduation:

~Dietetic Internship at Montral General Hospital.

~Returned to Edmonton and continued in Dietetics at the Misericordia Hospital (Therapeutic then Main Kitchen Dietitian).

~ After travelling Europe for several months, I moved to Hamilton, Ont. to work at Nora Frances Henderson Hospital (now Henderson General) for a short time.

~Joined Corning Glass Works of Canada Ltd., later renamed Corning Canada Inc., as their Home Economist and remained there until 1994, when downsizing eliminated my position as Manager of Consumer Relations and Marketing Services.

~Since then I have had some freelance work but mostly involved with various professional associations. I act as Program Director for the Toronto Culinary Guild, Co-Chair for Ontario Home Economists in Business, and I am helping with the CHEA conference which is in Toronto this year. Time for fun, taking up curling and, best of all, enjoying family and friends.

Gwendolyn Sanford



"When I had a dental emergency, the value of having a work plan as Miss Patrick insisted, was made evident."



Gwendolyn (Wendy) Sanford
Then: Edmonton, AB.
Now: Toronto, Ont.

"Our instructor was furious that none of us had questioned anything he taught us. Thus, I learned we were supposed to think for ourselves!"



My Favorite Recipe

1. Cut ribs into serving pieces. Trim off fat.
2. Preheat CORNING WARE 2 L glass-ceramic saucepan on medium high heat; add spareribs and brown on all sides.
3. Add sliced onions; combine remaining ingredients and pour over ribs. Cover.
4. Marinate in refrigerator at least two hours or overnight.

CONVENTIONAL OVEN Method

5. Place covered saucepan in preheated 325°F (160°C) oven and bake until done, about 1 1/2 - 2 hours. Spoon sauce over ribs two or three times during baking.

or

MICROWAVE OVEN Method

5. Place covered saucepan in microwave oven and cook 5 min. at high (100%) power. Turn over ribs, baste with sauce, cover and rotate saucepan. Microwave at medium (50%) power 15-20 min. or until internal temperature of spareribs is 170°F (70°C). Baste ribs and turn saucepan at least once during cooking.

CONVENTIONAL or MICROWAVE Method

6. Remove cover, wipe off edges of saucepan with a damp paper towel.
7. Place under broiler and crisp for five minutes before serving.

Serves 4.

Chunky Saucy Spareribs in CORNING WARE Saucepan

Prepare, cook and serve this zesty-flavoured country-style ribs recipe in the same CORNING WARE saucepan. When using nonporous glass-ceramic cookware you can brown the ribs on top of the range, marinate in the refrigerator, bake or microwave them, crisp under the broiler, and serve, all in the same cook-and serve CORNING-WARE cookware.

Country-style spareribs, (or beef ribs)	2lb	1 kg
Onion, sliced	1	1
Water	1/2 cup	125 ml
Catsup	1/2 cup	125 ml
Vinegar	1/4 cup	50 ml
Brown sugar	2 tbsp.	25 ml
Salt	1 tsp.	5 ml
Worcestershire sauce	1 tbsp.	15 ml
Dry mustard	1 tsp.	5 ml
Paprika	1/2 tsp.	2 ml



Keeping in Touch

Home Coming Week

Mrs. Sanford's 75th

Elsie (Scherban) Haley

Wow! So it's already 40 years. I was a "Stay at home Mom." I have 2 wonderful children. My son, Markian, who is 28 years old, has a B.A. from Concordia University. He is working for a pharmaceutical company in Montreal.

My daughter, Christine, who is 26 years old, has a B.P.E. from the University of Alberta and a Graduate Diploma in Sports Administration from Concordia University. She is working in Toronto. After staying at home and looking after the family, I went to University on a part-time basis. A graduate diploma in Library Studies was my reward in 1990.

There are many changes taking place in my life, since my husband Peter passed away May 18, 1995.

Elsie Haley



"Remember the good natured teasing we endured from other faculties about our courses - 'learning how to boil water'."



"We invited the class to our third floor attic residence (a room!) for punch and goodies. As we visited and drank punch, we heard comments like:

"Isn't it subtle?"

"No more for me thanks, I'm driving."

"I'd better not, I'm feeling light-headed."

Now the truth - Pharmacy Cocktail Sans Spirits. Talk about the 'placebo' effect..."

Elsie (Scherban) Haley
Then: Myrnam, AB.
Now: Lachine, P.Q.

"Dr. Collier Biochem professor: his commitment to fluoridated water how - prophetic!"



My Favorite Recipe

Chicken Dijon

From *Smart Cooking*, Anne Lindsay (MacMillan 1986).

Crisp and juicy, this chicken can be prepared ahead of time and serve hot, warm or cold,

In the Chicken Dijon the skin is removed to reduce the fat content. Because of the mustard mixture and bread - crumbs coating, the chicken stays moist. Use whole-wheat bread crumbs if possible.

Chicken breasts, boneless	6
Salt & freshly ground pepper	
Dijon mustard	1/4 cup
Plain yogurt	1/3 cup
Fine breast crumbs	1/2 cup
Thyme	1 tsp.

Remove skin from the chicken. Sprinkle the chicken lightly with salt and pepper. Mix mustard into yogurt. In another bowl, mix bread crumbs, thyme, 1/2 tsp. salt and 1/4 tsp pepper.

Spread each piece of chicken with mustard mixture, then roll in bread-crumbs mixture. Place chicken layer on lightly greased baking sheet. Bake in 350°F (180°C) oven for 15 minutes (boneless), then turn and bake 15 minutes or until golden brown and meat is no longer pink.

Makes 6 servings.

Spinach Loaf

Cream cheese	500g
Mayonnaise	250 ml
Medium white cheddar, grated	250 ml
Frozen spinach, chopped & well squeezed	1 package
Green onions, minced	4
Garlic glove, minced	1
Bacon bits, crumbled	25 ml (or shrimp)
Fresh dill	25 ml
Lemon	to taste
Pepper	to taste
Cayenne	to taste

Soften cream cheese. Gradually add mayonnaise until smooth. Add rest of ingredients. Mix well.

Cut a hollow into a loaf of French Bread leaving a 1 1/2 inch crust. Toast slightly. Fill cavity with spread. Wrap in foil. Bake 1 1/2 hours. Wrap bread pieces in double foil and bake also.

To serve: Dip the bread pieces in mixture of the cavity. Use mushrooms, carrots, celery sticks, etc. for dipping. This is always a big hit at parties.

In Memoriam



Edith (Stern) Engel

**Edmonton
1985**

Bernice (Thorkman) Nelson



Career Path

After graduation Doug and I had a baby, Philip, and a year later another baby, Tim. When Tim was six months old, I went to work at the Royal Alexandra Hospital as a summer replacement dietitian. That temporary job lasted about two years. Anyway, I found work and family to be a heavy load, so I left to become a full time Mom. In 1963, our daughter Kelly was born. The next year Doug was transferred to Vancouver where we stayed one year. Then on to Calgary, where I have been for about thirty years. In 1977, I went back to university (U of C) and got my teaching certificate, but before my first practicum was over I knew teaching was not for me. Although I did substitute teach for a few years - more or less kept the kids from killing one another and destroying the school.

"I remember low-cost meals and what a hard time we had getting our daily requirement of vitamin C. The only low-cost 'C' source was raw cabbage and we had cole slaw, day after day."

Bernice (Thorkman) Nelson
Then: Eckville, AB
Now: Calgary, AB

Doug passed away in July 1987 of a massive heart attack. It was so sudden that it sent me into a tail spin for about two years. However, life goes on, so I have occupied my time with volunteer work, travelling, curling, golfing, playing bridge and running the farm west of Red Deer where I spend a lot of time, especially now that the grandchildren are old enough to enjoy a visit to the country. I also belong to the CFUW and have met many good friends through this organization. The grandchildren now number seven - 4 boys and 3 girls with another expected in November.

Bernice Nelson

"An incident which I remember from University days happened during meal work when I was Carol Virtue's helper. I was about to serve Miss Patrick her little silver pot of hot water when it somehow slipped on the tray and landed against my wrist. However, I continued to the table with the pot against my wrist and served Miss Patrick her hot water without dropping the tray or crying out in pain. I had the burn scar on my wrist for years. I still can't believe I didn't drop the tray or spill something."



My Favorite Recipe

Health Salad

Broccoli, fairly finely cut 4 -5 cups
 Sunflower seeds, salted 1 cup
 (I use unsalted)
 Raisins 1 cup
 Red onion, chopped 1/4 cup
 Dressing:
 Mayonnaise, or salad dressing 1/2 cup
 Sugar 3 tbsp.
 Vinegar 1 tbsp.
 Mix dressing ingredients together.
 Add to broccoli mixture and let stand overnight.
 Serves 10.



Bernice Nelson, March 1994



"Our hearts were young and happy "
 Taken 1954...Joan, Grace and Shirley off to a show after a lab.

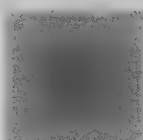
Carol (Virtue) Snedden



Career Path

After graduating with a B.Sc. in Home Economics from the University of Alberta in 1956, I worked at the Defense Research Station in Suffield, Alberta as a laboratory assistant in Physiology and Biochemistry from 1956 - 1959.

I have been extensively involved with numerous associations. I served as a Commissioner on the Premier's commission on the Future of Health Care for Albertans ("The Rainbow Report") from 1988 to 1990; I was a member of the Provincial Hospital and Medical Care Policy Advisory Committee from 1978 - 1986; representative of the Medicine Hat Regional Hospital Planning Committee from 1975 - 1987; a founding member of the South Eastern Alberta Community Resources Centre Board 1973 - 1977; President of the United Church Women, and one of the first two women to serve on a new combined Board of Elders. Other offices held include vice-president of the Waterton Lakes National Park Leaseholder's Association; president of the Medicine Hat Ladies Curling Club; President and secretary of the Medicine Hat Kinetite club, and treasurer of the Fibre Arts Society.



Carol (Virtue) Snedden
Then: Medicine Hat, AB
Now: Medicine Hat, AB

Jack and I were involved with both the Provincial and Federal Progressive Conservative Associations, serving many years on Boards of Directors and Executives. We acted jointly as campaign chairmen for the Federal PC candidate, defeating the sitting Agriculture Minister and running the largest Federal PC nomination campaign for the country in 1984.

I have been married to Jack for 40 years with children Dr. Shann (Snedden) and Alan Mayer, Megan Fischer, Marty and Stuart Barvir and Lisa and Jim Mackey. We have five grandchildren.

Our family spends several weeks at our cottage at Waterton Lakes National Park and we still enjoy golfing and fishing. Jack and I have travelled extensively over the years; the most memorable trips being Kenya, Ecuador, the Galapagos Islands and Japan.

The last dozen years we have hosted exchange students from Japan, Australia, South Africa, Holland and France.

Carol Snedden



My Favorite Recipe

Sugar Cinnamon Crusted Muffins

4 cups flour
4 tbsp. white sugar
5 tsp. baking powder
1 1/2 tsp. salt

Cut in: 2/3 cup butter or margarine
Mix and add: 2 eggs - slightly beaten
1 1/2 cups milk

Spoon into lightly greased small or medium muffin cups. (I like the small bite size ones best.)

Bake in 400°F oven approximately 15 minutes.
Remove from oven and dip immediately in melted butter or margarine and mixture of:

1 cup sugar
1-2 tsp. cinnamon

Make sure muffins are well coated.
Serve warm and make lots because they go fast!



"I'll never forget drawing for a final exam, "fudge", having to use the marble board and have my fudge creamy and NO CRYSTALS! Success!"

Back row: daughter Marty Barvir and granddaughter Julian, Jack, Carol

Front row: son-in-law, Stuart Barvir and grandson Drew, daughter Lisa and son-in-law, Jim Mackey, daughter Sarah, daughter Megan Fischer and granddaughter Kady, daughter Shann Mayer, granddaughter Erica, son-in-law Alan Mayer

Stella (Sphur) Warnick

Career Path

1957-1961

Research assistant in the Anatomy Department at the University of Washington. Co-authored two papers on "Polyovular Follicles in the Immature Hamster Ovary"

1961-1970

Stay-at-home mom, during which time I took many classes in Clothing Design, Textile design and Art at the University of Washington

1970-1973

Began to work on my Master's degree in Historical Costume. Adjunct lecturer at Shoreline Community College

1973-Present

Professor in Apparel Design, Applied Design and Historical Costume

1988

Received a Doctor of Philosophy degree in Educational Communication and Curriculum Instruction



Family

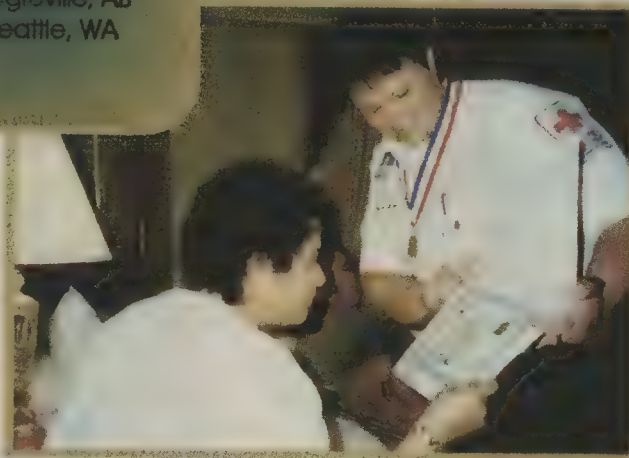
Myron and I had three children when he left the family in 1972. Today, my children are all grown and doing very well in spite of some very difficult years as a single-parent family. My oldest son, Ronald turned 40 this year. He is a neurosurgeon with a specialization in oncology. He is the director of NeuroOncology at the University of Cincinnati Medical Center. Ron is married to Anna and they have a 2-yr old little girl (Katarina). My second son, Richard, is 37, and is a landscape designer and married to Linda. My daughter, Roberta, is 35, unmarried, was an Emergency Medical Technician until a year ago when she was severely injured on the job.

Stella Warnick

Stella (Sphur) Warnick
Then: Vegreville, AB
Now: Seattle, WA



Roberta & Stella Warnick



Roberta Warnick

Recipient of "Star of Life Award", presented by President Clinton, at the White House.



My Favorite Recipe

Broccoli & Cauliflower Souffle

1 head each of broccoli and cauliflower, steamed, drained and chopped
 1/2 cup crushed crackers
 1 medium onion, chopped
 2 eggs, beaten
 1/2 cup mayonnaise
 1 1/2 cups thick white sauce with mushrooms (or 1 can cream of mushroom soup)
 add salt and pepper to taste

*Pre-heat oven to 350°F
 *Mix together and pour into 13"x 9" baking dish
 *Top with 1 cup mild cheddar cheese. If mixture appears to be too soupy, add 1/2 cup more crushed crackers
 *Bake in oven at 350°F for 30 - 40 minutes



Anna, son Ron, Stella holding Katarina, son Richard

"Spending an inordinate amount of time in the Tuck shop drinking hot chocolate and coming late for class. Why? Because I was led astray by the likes of Leona, Jackie Scanlan and Chris."

"Dr. Baldwin's English Class. I never understood Tess of the D'Urbervilles until I saw the movie years later! But I did think Dr. Baldwin was kind of cutel"

"I remember Hazel McIntyre and her graciousness. She often dressed in burgundy and looked beautiful. However, she did fail me in one small way. One of the questions on a Foods exam was, "How do you prevent meringue from weeping?" I gave my ideas on it, but to no avail. All she wrote on my paper was, "Didn't you learn anything from class that day?" To this day, I do not know how to keep meringue from weeping. Now, that I will be seeing you all in October, I can hardly wait to learn from you what I missed in class that day."

Chris (Wasylyshyn) Ulan



NEVER ENOUGH MUSSELS

This recipe is based on the likes of the Ulan household. Many ingredients can be adjusted to taste. Some of everything is good. Your taste and style will make it better. You will need:

Mussels - LOTS OF THEM - as an appetizer, at least 250 g per person, if you really like them, then 500 g per person may not be enough. The most difficult task is getting really fresh mussels, (clams will do too) but the most time consuming part is scrubbing the shells and removing the beard.

Wash the mussels in a big pot or sink full of water. Wash the mussels in water to remove any excess debris. Keep changing the water. Take a stiff bristled brush and scrub each mussel to remove any sand, dirt, seaweed, etc. If you don't care about your finger nails and have strong fingers, grasp and pull out any visible signs of the beard. It's the hairy, stringy part sticking out of the shell which keeps the mussel attached to its original home. If you have difficulty removing it, take tweezers or good small tongs to pull it out. This sounds gross, but isn't, and is important if you want "out of this world" broth that you can drink to the last drop. When done, rest and have a glass of wine. Any mussels that won't close when you tap them should be tossed.

Career path

- 1956 - Interned, Toronto General Hospital
- 1957 - Dietitian at Royal Alexandra Hospital
- 1959 - Cafeteria Manager at the Danforth Technical High School, Toronto
- 1974 - Present

Consumer Packing and Labeling Specialist. Subsequent duties include Precious Metals Specialist and Marketing and Textile Specialist, Government of Canada, Halifax

Chris (Wasylyshyn) Ulan
Then: Edmonton, AB.
Now: Halifax, Nova Scotia

In a large pot (the more mussels being cooked, the larger the pot) place:

ONIONS - 1 - 2 finely chopped (shallots, or green onions obviously good too)

GARLIC - 2 - 5 cloves finely chopped

TOMATOES, preferably fresh and peeled and chopped, but canned, drained and squeezed of juice may be used - 1 or 2
Sauté the vegetables in butter (or whatever)

Add a bay leaf along with

PARSLEY, fresh and chopped 1/4 cup

(Chop more to add another 1/4 cup at the end)

(This veggie bit can be done well in advance of serving.)

Add

DRY WHITE WINE OR VERMOUTH

(clam juice or water) - 1 cup or more and bring to a boil.

Add the cleaned mussels. Cover and cook (steam) until the mussel shells open. (Can also do in batches in the same liquid if doing a large quantity). Peek every so often. Keep covered to keep warm. (Depending upon quantity of mussels 5 - 15 minutes.)

Pour off most of the liquid (juice) into a separate pan. Reduce on high heat to half. Whisk in 1/2 cup butter (or less) bit by bit until sauce is thickened somewhat. Add 1/4 chopped fresh parsley.

Serve mussels in a large flat soup plate. Pour sauce into individual small ramekins or dishes. Small forks or picks are great to remove the succulent morsels from their shells. Dip the mussels into the sauce and enjoy. Serve with the best French baquette (stick) you can buy or make.

[illegible]

The main course was eaten, and as our process dictated, the pie was set before Miss Duggan to serve. Poor dear, she cut it and tried to serve it but the custard would not hold. It flowed and flowed. She apologized profusely for not doing my pie justice.

I learned a cooking lesson but still wish that after all these years, I could accept my mistakes with aplomb instead of feeling I must explain to my guests why things went wrong.

Chris Ulan



Orest, Chris, Sonia, Patricia, John

August 1994

MEAL WORK - FAMILY MEAL

MENU

Pork Chops
Scalloped Potatoes
Peas and Vegetable Sticks
Flapper Pie

The main course was uneventful, OK from my perspective, but, the dessert was another story!

Having previously had success with a graham wafer crust, custard filling and meringue topping, I thought this was a foolproof ending to my meal.

I made my crust (anyone can make a graham wafer crust). Then I proceeded to make the filling. I did the double boiler routine for the custard but no matter how long I cooked it, it would not thicken. I added a bit more cornstarch but that didn't help. I cooked it and cooked it, and finally had to pour it into the shell and hope that when it chilled, it would set. I went off to have my picture taken for the year book, (House Ec. Club) and prayed that when I returned to South Lab I could whip up the meringue, brown it and finish off the final touches for dinner. I believe in prayer, but this was out of God's hands. The custard still flowed but I was still praying. I added the meringue, popped it into the oven and barely browned it so I could get it back into the fridge for more cooling, with good luck, thickening. No such luck!

The main course was eaten, and as our process dictated, the pie was set before Miss Duggan to serve. Poor dear, she cut it and tried to serve it but the custard would not hold. It flowed and flowed. She apologized profusely for not doing my pie justice.

At that time, the overhead pipes in that aged building began to bang and make monstrous noises. My tension resulted in hysterical laughter and all I could say was that the pipes were the cause of my laughter. How could I admit that I was the cause of the runny pie?

The pie was tasty, but sweet, and definitely not as I had envisioned it.

Much later, I asked Miss Mac what went wrong. She told me I may have added too much sugar since it has a major effect on the thickening power of cornstarch. I don't know for sure, but I do believe that if the recipe called for 1/3 cup sugar, I probably added 1 1/3 cups.

I learned a cooking lesson but still wish that after all these years, I could accept my mistakes with aplomb instead of feeling I must explain to my guests why things went wrong.

Chris Ulan

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BELOVED UNIVERSITY."

1996